



Community And Enrichment Center

WEEKLY NEWSLETTER
APRIL 23, 2021

FRAGRANT PLANTS THAT HELP REPEL MOSQUITOS

Surround your outdoor space with these plants and reduce your fear of being bitten by mosquitos.

RECIPE: BLUEBERRY PEACH CRUMBLE

Fresh blueberries and peaches covered with a sweet crumble topping and baked till warm and delicious.

ONE HOUR DECLUTTER CHALLENGE

How to organize and declutter in just seven days.

WHAT'S HAPPENING AROUND THE CITY

Find out what's happening at The Community and Enrichment Center.

Blueberry Peach Crumble



Ingredients

For the filling:

- 2 cups blueberries
- 2 1/2 cups peeled and sliced peaches
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 1/4 teaspoon vanilla extract
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour

For the crumble topping:

- 1/2 cup all-purpose flour
- 1/2 cup old-fashioned oats
- 1/3 cup brown sugar
- 1/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 6 tablespoons cold butter diced

Directions

1. Preheat the oven to 350 degrees F.
2. In a large bowl, combine blueberries, sliced peaches, lemon juice, lemon zest, vanilla extract, granulated sugar, and flour. Gently toss until fruit is well coated. Let the fruit mixture sit while you prepare the crumble topping.
3. For the crumble topping: in a large bowl, combine the flour, oatmeal, brown sugar, granulated sugar, salt, and cinnamon. Stir together with a whisk. Mix in the butter with your fingers until the mixture comes together and you have big crumbles.
4. Place the fruit mixture in a 2 quart ceramic or glass baking dish. Sprinkle the crumble mixture evenly over the fruit. Place the pan on a baking sheet pan lined with a Silpat or parchment paper and bake for 40 to 45 minutes, or until the tops are browned and crisp and the juices are bubbly. Serve warm or at room temperature.
5. Note-you can make the crumble in individual ramekins. You can also make the crumble ahead of time-just store the unbaked crumble in the refrigerator and bake when ready! Store the crumble in the refrigerator for up to 2 days.

PLANTS

That Help Repel Mosquitos



BASIL

BASIL EMITS ITS AROMA WITHOUT CRUSHING THE LEAVES, SO YOU CAN GROW IT IN POTS AND PLACE THEM IN YOUR YARD OR GARDEN TO CONTROL MOSQUITOES. TO KEEP THE MOSQUITOES AWAY FROM YOUR SKIN, RUB A HANDFUL OF THE LEAVES ONTO EXPOSED AREAS.



MARIGOLDS

MARIGOLDS CONTAIN PYRETHRUM, A COMPOUND USED IN MANY INSECT REPELLENTS. POSITION POTTED MARIGOLDS NEAR THE ENTRANCES TO YOUR HOME, AS WELL AS COMMON MOSQUITO ENTRY POINTS LIKE OPEN WINDOWS TO DETER THE INSECTS FROM GOING PAST THE BARRIER.



LEMON BALM

THE GREEN LEAVES OF LEMON BALM HAVE THE SCENT OF LEMON WITH A HINT OF MINT, WHICH SHOULD BE NO SURPRISE AS IT'S A MEMBER OF THE MINT FAMILY. NOT ONLY DOES IT OFFER LOTS IN THE WAY OF HEALING PROPERTIES, IT'S KNOWN FOR WARDING OFF MOSQUITOES WHILE ALSO ATTRACTING IMPORTANT POLLINATORS LIKE BUTTERFLIES AND BEES.



LAVENDER

THE PLEASANT AROMA OF LAVENDER IS OFFENSIVE TO MOSQUITOES AND IS BEST HARNESSSED BY PLANTING IT IN THE GARDEN, OR IN POTS SITUATED NEAR DOORS, WINDOWS AND ENTERTAINMENT AREAS.



CITRONELLA

THE CITRONELLA PLANT (OFFICIALLY KNOWN AS THE CITROSUM PLANT AND OFTEN REFERRED TO AS THE MOSQUITO PLANT) CAN BE GROWN IN YOUR GARDEN FOR MOSQUITO CONTROL. THE PLANT CARRIES THE FRAGRANCE OF CITRONELLA IN ITS FOLIAGE, AND WHEN A LEAF IS CRUSHED AND RUBBED ONTO THE SKIN, THE AROMA IS VERY PLEASANT, YET IT HELPS TO NATURALLY REPEL THOSE MOSQUITOES.



GARLIC

PLANTING GARLIC NOT ONLY HELPS TO DETER THE NASTY RASCALS, BUT YOU'LL HAVE YOUR OWN SUPPLY OF TASTY GARLIC TO USE FOR FLAVORING YOUR COOKING. SIMPLY ADD SOME GARLIC TO YOUR VEGETABLE GARDEN OR FLOWERBED.

SOURCE: NATURALLIVINGIDEAS.COM.

ONE HOUR DECLUTTER CHALLENGE TO GET ORGANIZED IN ONLY 7 DAYS



DAY ONE

Kitchen

Clean your fridge
Throw away old food and expired condiments
Make a list of any condiments or food you need to replace
Wipe the inside of the fridge
Clean your pantry and throw away any expired food
Sell or donate any small kitchen appliances you don't use
Go through your junk drawer and finally organize it

DAY TWO

Family Room, Dining Room, Entry

Go through dressers, drawers or bins, if you don't love something, sell or donate it
Sell or donate shoes, coats, scarves, gloves, hats etc that have been outgrown or that aren't worn anymore
Look around your room and if it feels cluttered, donate or sell the decorations that do not bring you joy

DAY THREE

Bathrooms

Clean out all drawers and underneath the sink
Throw away all expired make-up or toiletries
Throw away make-up or toiletries that you don't like or use anymore
Wipe your drawers down
Put things back in an organized manner

DAY FOUR

Bedrooms

Go through closet/dresser and donate or sell clothing and shoes that does not fit or that you have not worn in the last year
Donate or sell kids toys that are no longer being used
Clean under beds
Organize books and toys and donate or sell anything that is no longer wanted

DAY FIVE

Office

Finally go through your "pile" and don't stop until the pile is gone!
File away papers you need to keep
Throw away old papers, fliers, magazines etc that you no longer are using
Declutter as much as possible

DAY SIX

Garage

Go through any bins and organize it all
Donate or sell things you no longer need / want / use
Go through kids outdoor toys, only keep what your children use, love and what fits them

DAY SEVEN

Basement and Attic

If you don't have a basement or attic you get the day off! Wahoo! Otherwise...
Look in every box, bin and corner
If it does not bring you joy, throw it away or donate it
If it does not fit, if you do not use it, or if it does not have sentimental value, throw it away or donate it

Remember!
Only work for
ONE hour
each day

WHAT'S HAPPENING?



GROUP FITNESS

Group Fitness classes are available Tuesdays and Thursdays at 5:15pm and Wednesdays at 12pm.

For reservations, call 970-848-0407

TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



HAVE IDEAS?

Are you interested in learning a new skill?
Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

MEET AND EAT

APRIL 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for March 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
N.E CO. Area Agency on Aging, Yuma County
mmiller@necalg.com
Office 970-848-2277

APRIL 2021 WRAY MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 332-4735 BY 8:00 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</p>	<p>For Reservations Call 332-4735 by 8:00 a.m. the day you want the meal</p> <p>If you must cancel your meal, please do so by 8:30 a.m. the day of the meal.</p>	<p>SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES BRAN MUFFIN MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 745 Carb: 96.6g Fiber: 12.5g Protein: 41.8g Fat: 24.0g Sodium: 566mg</p>	<p>CHOICE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APRICOT HALVES COOKIE w/ RAISINS</p> <p>Calories: 716 Carb: 90.5g Fiber: 10.6g Protein: 37.4g Fat: 25.7g Sodium: 590mg</p>
<p>SALISBURY STEAK MASHED POTATOES CALIFORNIA VEGETABLES OATMEAL ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 683 Carb: 82.3g Fiber: 9.2g Protein: 42.3g Fat: 22.2g Sodium: 674mg</p>	<p>SMOTHERED PORK CHOPS SCALLOPED POTATOES STIR FRY VEGETABLES CARAWAY ROLL PINEAPPLE MANDARIN ORANGE COMPOTE COOKIE w/ RAISINS</p> <p>Calories: 820 Carb: 98.2g Fiber: 9.8g Protein: 42.3g Fat: 30.3g Sodium: 679mg</p>	<p>SAVORY BAKED CHICKEN BAKED SWEET POTATO WINTER MIX VEGETABLES APPLE MUFFIN PEACH SLICES</p> <p>Calories: 653 Carb: 84.1g Fiber: 10.8g Protein: 41.2g Fat: 18.9g Sodium: 799mg</p>	<p>SLOPPY JOE SANDWICH POTATO SALAD BRUSSEL SPROUTS FRUIT COCKTAIL CINNAMON CRISPIES</p> <p>Calories: 686 Carb: 107.7g Fiber: 11.7g Protein: 34.1g Fat: 16.8g Sodium: 901mg</p>	<p>CHOICE: HAMBURGER ON A BUN SEAFOOD BURGER ON A BUN ROTINI PASTA SALAD ORANGE JUICE/BANANA GELATIN SALAD</p> <p>Calories: 644 Carb: 85.4g Fiber: 10.1g Protein: 35.0g Fat: 20.0g Sodium: 689mg</p>
<p>CHICKEN AND SPINACH LASAGNA TOSSED SALAD GREEN BEANS FRENCH BREAD FRUIT SALAD</p> <p>Calories: 700 Carb: 81.2g Fiber: 10.0g Protein: 48.4g Fat: 22.6g Sodium: 810mg</p>	<p>CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CARROT RAISIN SALAD COUNTRY MIX VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 681 Carb: 117.7g Fiber: 12.5g Protein: 28.7g Fat: 14.4g Sodium: 1026mg</p>	<p>CHILI w/ BEANS JEANNIE'S SALAD CINNAMON ROLL PINEAPPLE TIDBITS</p> <p>Calories: 608 Carb: 92.9g Fiber: 13.5g Protein: 28.3g Fat: 16.3g Sodium: 565mg</p>	<p>BEEF STEW COTTAGE CHEESE PEACH SALAD CORN BREAD FRUIT CUP</p> <p>Calories: 626 Carb: 97.7g Fiber: 10.8g Protein: 33.5g Fat: 13.8g Sodium: 611mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI w/ PORK SPANISH RICE TOSSED SALAD PEAR ORANGE FRUIT CUP COOKIE w/ RAISINS</p> <p>Calories: 783 Carb: 102.4g Fiber: 10.8g Protein: 28.5g Fat: 30.9g Sodium: 769mg</p>
<p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD COUNTRY MIX VEGETABLES ROLL FRUIT SALAD</p> <p>Calories: 652 Carb: 82.2g Fiber: 10.8g Protein: 36.9g Fat: 21.7g Sodium: 574mg</p>	<p>BEEF STROGANOFF FRITO SALAD BRUSSEL SPROUTS SUPREME ONION ROLL FRUIT COCKTAIL</p> <p>Calories: 686 Carb: 93.6g Fiber: 10.8g Protein: 36.9g Fat: 19.9g Sodium: 721mg</p>	<p>LASAGNA ROTINI CASSEROLE TOSSED SALAD BRUSSEL SPROUTS FRENCH BREAD PEACH POLKA DOT SALAD</p> <p>Calories: 635 Carb: 85.4g Fiber: 10.4g Protein: 37.3g Fat: 19.3g Sodium: 766mg</p>	<p>TAHITIAN CHICKEN BROWN RICE STIR FRY VEGETABLES RAISIN ROLL APRICOT HALVES COOKIE w/ CHOCOLATE CHIPS</p> <p>Calories: 795 Carb: 90.8g Fiber: 9.5g Protein: 43.9g Fat: 29.6g Sodium: 412mg</p>	<p>PORK CHOP SUEY BROWN RICE CARROT COINS WW ROLL PINEAPPLE TIDBITS GRAPE JUICE</p> <p>Calories: 709 Carb: 111.2g Fiber: 9.8g Protein: 31.8g Fat: 17.0g Sodium: 498mg</p>
<p>PORCUPINE MEATBALLS BOILED POTATOES CARROT RAISIN SALAD ONION ROLL CINNAMON APPLE SLICES</p> <p>Calories: 672 Carb: 112.9g Fiber: 12.0g Protein: 30.5g Fat: 14.6g Sodium: 558mg</p>	<p>CHOICE: CHICKEN PASTA SALAD TUNA PASTA SALAD TOMATO SLICES CONFETTI COLESLAW CHERRY BANANA SURPRISE NATURE COOKIE</p> <p>Calories: 732 Carb: 110.9g Fiber: 10.4g Protein: 32.1g Fat: 22.4g Sodium: 914mg</p>	<p>CHICKEN NOODLE SOUP PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE</p> <p>Calories: 694 Carb: 96.2g Fiber: 11.3g Protein: 39.9g Fat: 18.0g Sodium: 581mg</p>	<p>BARBECUE PORK CHOPS SCALLOPED POTATOES CABBAGE CARAWAY ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS</p> <p>Calories: 859 Carb: 107.3g Fiber: 9.7g Protein: 42.2g Fat: 31.2g Sodium: 1001mg</p>	<p>HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF w/ CRANBERRY SAUCE NATURE COOKIE</p> <p>Calories: 683 Carb: 100.4g Fiber: 10.1g Protein: 34.2g Fat: 18.7g Sodium: 718mg</p>